



Sleep Hygiene Tips

- ❖ Try to sleep only when you are drowsy.
- ❖ If you are unable to fall asleep or stay asleep, leave your bedroom and engage in a quiet activity elsewhere. Use only dim light if you need to get out of bed. You may read or watch a non provocative television program. Do not permit yourself to fall asleep outside the bedroom. return to bed when, and only when, you are sleepy. Repeat this process as often as necessary throughout the night.
- ❖ Distract your mind. Lying in bed unable to sleep and frustrated needs to be avoided. Try reading or watching a non provocation television show, or listening to books on tape. It may be necessary to go into another room to do these activities. Avoid bright light.
- ❖ Maintain a regular time to wake up in the morning. This morning rise time should be kept the same on weekends as well as days off work.
- ❖ The bed should be used for sleep and sexual activity only. Do not read, work, watch television, or deep in bed.
- ❖ Avoid napping during the daytime. If daytime sleepiness becomes overwhelming, limit nap time to a single of less than one hour, no later than 3 PM.
- ❖ Avoid caffeine within six hours of bedtime.
- ❖ Limit caffeine use during the day to 1 cup of coffee or 1 can of soda. Decaf coffee or soda may still contain caffeine and should be avoided.
- ❖ Do not drink alcoholic beverages within 4 to 6 hours of bedtime.
- ❖ Avoid large meals within two hours of bedtime.
- ❖ Daily exercise may help promotes sleep at night. Avoid strenuous exercise within six hours of bedtime.
- ❖ Minimize light, noise, and extremes of temperature in the bedroom.